

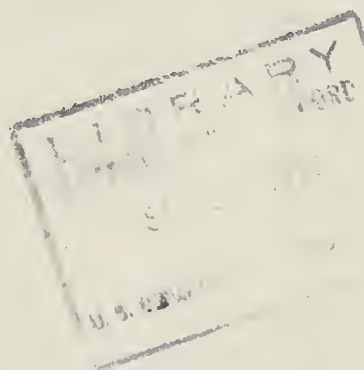
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# *School Lunch Recipes using dried fruits*



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## SCHOOL LUNCH RECIPES USING DRIED FRUITS

(Apples, peaches, prunes, figs, raisins)

With the variety of dried fruits now available and the many ways to serve them, these flavorful fruits can appear often in the school lunch without wearing out their welcome. They are high in food value, supplying minerals and vitamins, and sugar for energy besides.

Dried fruits are fresh fruits preserved by the removal of a large part of their water content. For most ways of serving, dried fruit is first "reconstituted"--that is, water lost in the drying process is restored. This is done by cooking the fruit in water or by soaking and then cooking.

In quantity preparation, soaking is recommended for some dried fruits, particularly prunes and peaches. After soaking, the fruits cook more quickly, thus saving time and fuel and freeing equipment for other uses. Soaking overnight may be desirable if the fruit is hard and very dry. However, the fruit should be kept in a cold place, preferably a refrigerator, while soaking, to avoid the risk of fermentation or other form of spoilage.

If overnight soaking is not practical, the soaking period may be shortened to a few hours by using hot water and keeping it hot. Or, instead of soaking the fruit, cover it with cold water and bring it very slowly to a boil.

Usually it is not necessary to soak dried apple rings or other tender dried fruits as they absorb water quickly and cook in a comparatively short time.

To cook dried fruit, add water, bring to a boil, and then simmer over low heat until tender. If fruit has been soaked, cook it in the same water. A little salt helps to bring out the natural sweetness and flavor of the fruit. Sugar may be added if desired, but too much may mask the fruit flavor.

The dried fruit recipes in this publication have been prepared especially for use in the school lunch program. They are arranged so they can be cut apart, mounted, and inserted in the proper place in the card file, School Lunch Recipes for 100, PA-18.



## APPLESAUCE (WITH DRIED APPLES)

Desserts

100 Portions	Ingredients	Portions	Cost
5 pounds (1-1/2 gallons)*	Dried apple rings		
2-1/2 gallons	Hot water		
2 pounds (1 quart)	Sugar		
2-1/2 table- spoons	Salt		
3/8 cup	Lemon juice, if desired		

Portion: 1/2 cup.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Wash apple rings. Add the hot water, bring to a boil, and simmer until very tender, stirring occasionally.
2. Add sugar, salt, and lemon juice just before removing from the heat.
3. Beat until smooth in mixer at low speed, using the whip; or put through a sieve or food mill.

Note: For variety, 2 tablespoons of nutmeg or cinnamon may be added.

\* Firmly packed.

## STEWED DRIED FRUIT (WITH DRIED PEACHES AND PRUNES)

Desserts

100 Portions	Ingredients	Portions	Cost
4 pounds (about 3 quarts)	Dried peaches		
4 pounds (about 3 quarts)	Dried prunes		
2-1/2 gallons	Water		
1 tablespoon	Salt		
2 pounds (1 quart)	Sugar		

Portion: 1/2 cup.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Wash peaches and cut in quarters. Wash prunes.
2. Combine peaches and prunes, add the water. Soak overnight if necessary.
3. Add salt and simmer until tender (about 45 minutes). Add sugar during the last few minutes of cooking.

Note: For variety, about 1/2 ounce of whole cloves may be added at the start of the cooking period.





# APPLE CRISP (WITH DRIED APPLES)

Desserts

100 Portions	Ingredients	Portions	Cost
6 pounds (1-3/4 gallons)*	Dried apple rings		
2-1/2 gallons	Boiling water		
3 pounds (1-1/2 quarts)	Sugar		
1/4 cup	Salt		
1/4 cup	Cinnamon		

## Topping

2 pounds (1 quart)	Sugar		
3 tablespoons	Salt		
1-1/2 pounds (1-1/2 quarts)	Sifted flour		
2 pounds (1 quart)	Table fat		

Portion: 3/8 cup.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Wash apple rings. Add boiling water and simmer until tender. Drain off excess liquid.
2. Mix sugar, salt, and cinnamon. Blend with drained apples. Place in four greased baking pans (12 by 18 inches).
3. Topping: Mix sugar, salt, and flour. Cut in fat. Spread on top of apples.
4. Bake in a moderate oven (375°F) about 45 minutes.

\* Firmly packed.

# APPLE UPSIDE-DOWN CAKE (WITH DRIED APPLES)

Desserts

100 Portions	Ingredients	Portions	Cost
2 pounds (2-1/4 quarts)*	Dried apple rings		
1 gallon	Boiling water		
2 pounds (1-1/2 quarts)	Brown sugar		
3 tablespoons	Cinnamon		
1 pound (2 cups)	Table fat, melted		

Portion: 1 piece  
(2-1/2 x 2 x 1-1/2  
inches).

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Wash apple rings. Add the water, bring to a boil, and simmer until apples are almost tender. Drain well.
2. Mix sugar and cinnamon. Add to fat. Blend with drained apples. Pack smoothly into three baking pans (12 by 18 inches), lined with paper and greased.
3. Cover apple mixture with gingerbread batter. (See Gingerbread for Upside-Down Cake, p. 4.)
4. Bake in a moderate oven (350°F) about 1 hour.

\* Firmly packed.



PEACH UPSIDE-DOWN CAKE  
(WITH DRIED PEACHES)

Desserts

100 Portions	Ingredients	Portions	Cost
3-3/4 pounds (about 3/4 gallon)	Dried peaches		
1 gallon	Water		
1-1/2 pounds (1 quart)	Brown sugar		
2 tablespoons	Cinnamon		
1 pound (2 cups)	Table fat, melted		

Portion: 1 piece  
(2 x 2-1/2 x 1-3/4  
inches).

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Wash peaches, add the water, and soak overnight if necessary.
2. Bring peaches to a boil and simmer until tender, stirring occasionally. Drain.\*
3. Mix sugar and cinnamon. Add fat. Spread mixture in three greased baking pans (12 by 18 inches). Place cooked peaches on mixture, cut side up.
4. Cover with gingerbread batter. (See Gingerbread for Upside-Down Cake below.)
5. Bake in a moderate oven (350°F) about 1 hour.

\* Liquid from fruit may be used in fruit drinks or in jellied fruit salads or desserts.

GINGERBREAD FOR UPSIDE-DOWN CAKE

Desserts

100 Portions	Ingredients	Portions	Cost
1-1/2 pounds (3/4 quart)	Fat		
1-1/2 pounds (3/4 quart)	Sugar		
1-1/2 quarts	Molasses		
3-1/2 pounds (3-1/2 quarts)	Sifted flour		
6 ounces (1-1/8 cups)	Cornstarch		
2 tablespoons	Baking powder		
1-1/2 teaspoons	Salt		
2-1/2 tablespoons	Cinnamon		
2-1/2 tablespoons	Ginger		
2 tablespoons	Soda		
1-1/2 quarts	Boiling water		
1 dozen	Eggs, beaten*		

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Cream fat and sugar 3 to 5 minutes in mixer at low or second speed.
2. Add molasses and continue mixing until blended.
3. Sift flour, cornstarch, baking powder, salt, and spices together twice. Dissolve soda in boiling water.
4. Add dry ingredients in three portions to creamed mixture alternately with water in two portions.
5. Add eggs and mix until smooth. (This batter is very thin and lumps easily.)

\* 6 ounces (1-1/2 cups) dried whole egg and 2 cups water, beaten together, may be used in place of shell eggs.



DRIED FRUIT CONFECTION (WITH  
(WITH DRIED FIGS AND RAISINS)

Desserts

100 Portions	Ingredients	Portions	Cost
2-1/2 pounds (about 1-1/2 quarts)	Dried figs		
1-1/4 pounds (1 quart)	Seedless raisins		
1/2 pound	Chopped nuts		
1 teaspoon	Salt		
8 ounces (1 cup)	Sugar		

Portion: 1 piece  
(3/4 ounce).

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Snip off stems of figs. Wash figs and raisins.
2. Grind figs and raisins together, using fine grinder.
3. Combine all ingredients except sugar, mixing thoroughly.
4. Sprinkle 1/2 cup of the sugar on a tray (13 x 17 inches), spread fruit mixture evenly over it, and sprinkle the remaining 1/2 cup sugar over the top.
5. Cut into 100 squares.

PEACHES FOR SHORTCAKE (WITH DRIED PEACHES)

Desserts

100 Portions	Ingredients	Portions	Cost
3-1/2 pounds (about 2-1/2 quarts)	Dried peaches		
4-1/2 quarts	Water		
2 pounds (1 quart)	Sugar		
2 tablespoons	Salt		
4 ounces (2/3 cup)	Cornstarch		
2 teaspoons	Cinnamon		
1 teaspoon	Nutmeg		
6 ounces (3/4 cup)	Table fat		
1/2 cup	Lemon juice		

Portion: 1/4 cup.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Wash peaches and cut into slices. Add the water and soak overnight if necessary.
2. Simmer peaches until tender.
3. Blend dry ingredients. Add to peaches and continue cooking until thickened.
4. Remove from heat. Add fat and lemon juice.
5. Serve on rounds of shortcake with a spoonful of whipped topping (See School Lunch Recipes Using Nonfat Dry Milk, PA-44 on each.

Note: This recipe may be used for peach sauce. Grind peaches on coarse grinder and soak in the water (use hot water) for 1/2 hour before simmering.





# PRUNE SPICE CAKE (WITH DRIED PRUNES)

Desserts

100 Portions	Ingredients	Portions	Cost
1-1/2 pounds (3/4 quart)	Fat		
3 pounds (1-1/2 quarts)	Sugar		
1 dozen	Eggs, well beaten*		
2 quarts	Finely ground or chopped cooked pitted prunes		
3 pounds (3 quarts)	Sifted flour		
3 tablespoons	Soda		
1/2 teaspoon	Nutmeg		
2 tablespoons	Cinnamon		
2 tablespoons	Cloves		
2 tablespoons	Salt		
2-1/2 cups	Sour milk		

1. Cream fat and sugar. Add eggs and beat until light and fluffy.
  2. Blend in prunes.
  3. Sift flour, soda, spices, and salt together three times. Add to creamed mixture alternately with sour milk.
  4. Pour batter into three baking pans (12 by 18 inches), lined with paper and greased. Bake in a moderate oven (350° F.) about 45 minutes.
- \* 6 ounces (1-1/2 cups) dried whole egg and 2 cups water, beaten together, may be used in place of shell eggs.

Portion: 1 piece  
(2-1/2 x 2 x 1-3/4  
inches). Total cost \_\_\_\_\_  
Cost per portion \_\_\_\_\_

# PEACH FROSTING (WITH DRIED PEACHES)

Frostings

100 Portions	Ingredients	Portions	Cost
3 cups*	Drained cooked dried peaches, finely ground		
4	Egg whites		
1-1/2 pounds (3 cups)	Sugar		
1 teaspoon	Salt		

1. Combine all ingredients.
2. Beat in mixer on second speed, using the whip, until very stiff (about 10 minutes).

Note: Use on cake or as a dessert topping.

\* Approximately 1 pound dried peaches.

Yield: About 1-1/2 gallons. Total cost \_\_\_\_\_  
Cost per portion \_\_\_\_\_





DRIED FRUIT FILLING FOR FRUIT SALAD  
(WITH DRIED PEACHES AND RAISINS)

Salads

100 Portions	Ingredients	Portions	Cost
1-1/4 pounds (about 3-1/2 cups)	Dried peaches		
1-1/4 pounds (1 quart)	Seedless raisins		
2-1/2 cups	Hot water		
1-1/2 pounds (3 cups)	Peanut butter		
1 tablespoon	Salt		

1. Wash peaches and raisins. Grind together, using fine grinder.
2. Add the hot water and soak about 30 minutes.
3. Mix all ingredients thoroughly.

Suggested uses: Serve on a peach or pear half, orange slices, or banana pieces dipped in lemon juice.

Portion: No. 40 scoop                      Total cost \_\_\_\_\_  
(about 1-1/2 tablespoons).  
Cost per portion \_\_\_\_\_

